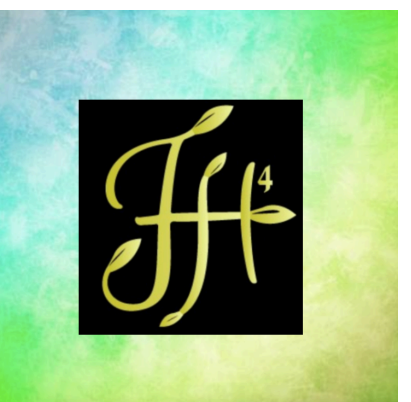


PATHWAY TO CALMNESS, CLARITY, CONFIDENCE & CONNECTION



Welcome to...

*The Pathway to
Calmness, Clarity, Confidence
& Connection!*



Your Practical Pathway Begins...

Day 1

CALM

*The
Power of
Presence
& the
Beauty
of Breath*

Day 2

CLEAR-MINDED

*Seeing, Feeling
&
Hearing
Clarity*

Day 3

CONFIDENCE

*Stepping into
a
Confident
New You*

Day 4

CONNECTION

*Connecting on
the Inside
=
Connecting
on the
Outside*

BONUS DAY

**WRAPPING IT ALL
TOGETHER**

*Wrapping
everything
we've learned
into one
meaningful
day, week, month
and year.*



BONUS DAY



WRAPPING IT ALL UP

***Incorporating exercises from
days 1, 2, 3 and 4 together.***

***Do them everyday for a total of 30 days if you desire the
courageous challenge!***



From the Beginning of the Day Until the End of the Day:



UPON WAKING UP:

Morning Meditation/ Breathing Exercise:

Visualize how you wish for your day to go

&

*get into that **calm** state within you*



UPON WAKING UP:

Make Your Bed

Clean outside space = Clear Mind



UPON WAKING UP:

***(Pre)Set Alarms on Your Phone:
checking in on your thoughts and feelings***

Conscious Mind = Clear Mind



UPON WAKING UP & MOVING INTO YOUR DAY:

Breakfast Smoothy

+

Bowl of Salad/Greens (lunch and/or dinner)

*Building a healthy, energized, **Confident YOU***



Complete Exercise Challenge Chart
OR

Do a minimum 30 minute workout
(could be from youtube channel links provided)

*Building a healthy, energized, **Confident YOU***



Complete 1 Small Task

*Building **Confidence** through incremental smaller steps*



Check off one box from Connection Bingo each day

*Building **Connection** through daily gestures and reaching out*



UPON GOING TO BED

Complete Day Scan Before Bed

*Building a **Conscious and Calm** state before sleep*



UPON GOING TO BED

Evening Meditation: Letting Go of Your Day

Building a Calm State & A Connection with Yourself before sleep



***Remember that you don't have to suddenly start doing
all these things at once.***

***This is an ideal framework that we can work up to.
Start by incorporating 1 or 2 things into your day.***

Then add another.

And another.

Go at your own pace and see what works for you!



CONGRATULATIONS!!!

A silhouette of a person is captured mid-jump, leaping over a gap between two dark rock formations. The background features a vast body of water under a dramatic sunset sky with vibrant orange, red, and blue hues. The overall scene conveys a sense of achievement and overcoming challenges.

YOU HAVE COMPLETED THE 4 DAY PATHWAY PROGRAM WITH
SUCCESS!

You now have new tools and techniques that you can apply daily to help
yourself feel CALM, CLEAR-MINDED, CONFIDENT & CONNECTED!

BONUS:

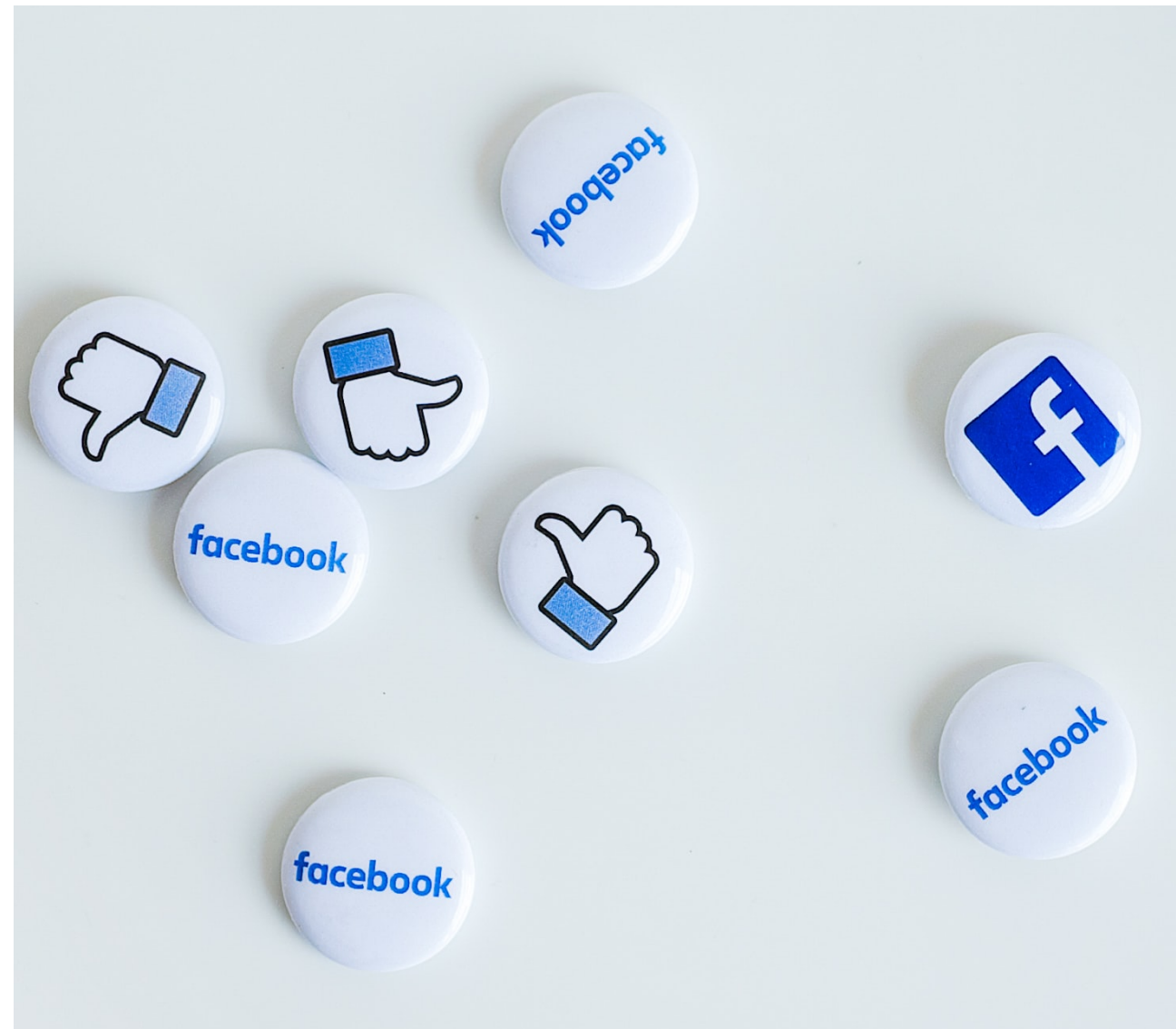
*Sign up for your **FREE** 30 minute 1-on-1 Care Call
now that you've completed the program!*

***Click the Link Below
&
Choose a time slot that works best for you!***

.....



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***Giovanna
Fjm
Elias***



Instagram



Q & A TIME

**Please Post Any Questions, Comments,
Insights
or Breakthroughs
you've had in the group!**

We can all share and participate together as a community!

PATHWAY TO CALMNESS, CLARITY, CONFIDENCE & CONNECTION

